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An

Inaugural Dissertation

On

Idiopathic Dyspepsia

by

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of

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Dyspepsia

The following remarks are confined principally to that form which is denominated Idiopathic Dyspepsia

However striking the diagnostick symptoms of this disease in its commencement may be. There is not one on the catalogue of diseases accompanied in its progress with so many & so great a variety of symptoms; Though easy in the forming stage to remove yet suffered to march on unrestrained its advances will be marked by so great a complication of diseases depending for their origin & in part for their existence on the primary affection, that but a very few complaints present so many embarrasments & disappointments to the practitioner. Seated in that important organ the Stomach, it does not long remain confined to that viscus, but by reason of the strong sympathetick connexions it holds with the viscera of the abdomen - the Thorax - the head &c they become involved & the system at large is brought under the influence of the disease; Hence arise the various symptoms & the difficulties to a successful management of it in its advanced stage

Dyspepsia may be defined, difficult or depraved digestion as the term implies. The symptoms which first make their appearance arise from indigested food or other offending matter in the stomach & the subsequent ones from an impression made on that organ & communicated to sympathizing parts. The impression is made by causes which will be pointed out in another part of this essay.

The symptoms which immediately or directly present themselves are a sensation of weight in the epigastric region constriction of the Œsophagus flatulence distention of the stomach & bowels, acid & oily eructations. These symptoms however may exist in different degrees & be more or less transitory according to circumstances connected with the case. The patient by the requisite course of abstinence & exercise may obviate their recurrence but yielding to the solicitations of the stomach the symptoms again appear & in a great measure aggravated, particularly when their returns have been frequent or the cause powerful. This disordered state of the stomach does not continue long before other parts become affected. The intestinal canal soon participates of the disorder, its secretions are diminished, constipation

pation comes on never fails to add vigour to the prevailing symptoms, The faces when discharged, are of a colour inclining to white, are hard & in small quantities, they are passed not without much straining & leave behind the sensation of an imperfect evacuation, but sometimes this state of the bowels alternates with that of looseness & the stools are dark & copious – Costiveness in most instances succeeds this condition – The patient not unfrequently has a collection of tenacious glairy fluid in the fauces a few hours after eating which is thrown out in great abundance, but for the most part the mouth is clamy especially in the morning at which time there is a disagreeable taste in it, the breath offensive, the tongue furred & some mucous like matter in the fauces which when removed is of a dark colour generally – The urine undergoes some change its quantity is diminished & is highly coloured. Some depression of strength now attends which is more particularly manifested when confined to a warm or crowded room or after a full repast, respiration is hurried in some degree, & is oppressive – The appetite is impaired, changeable & calls importunately for substances which will increase the disease without satisfying the morbid appetite. As the langour of the system returns, the mind

participates in it, the keenness of its edge is blunted & the person distinguished for cheerfulness becomes absent in mind loses all relish for society & the amusements of the gay, the one remarkable for meekness becomes peevish & considers himself neglected & disregarded by those who are really his friends. Dreams are alarming & the nightmare is a frequent visitor, despondency now seizes on the patient, his attention is turned to his situation which he views in the most unfavourable light, believes his constitution is undermined by some incurable disease & as a consequence dejection is doubly increased.

The irritation of the alimentary canal occasioned by its morbid contents gives rise to other symptoms such as Cardialgia gastrodynia pyrosis pain or burning in the lower bowels weight & distention in the right Hypochondrium. The sensibility to cold is increased. The patient often complains of cold feet & back. Sometimes has the sensation of general chillness, dull heavy feel in the head, dull & burning pain in the eyes, heavy eyelids &c. The voice suffers a considerable change, it is feeble coarse & articulation imperfect, unless more than ordinary exertion to speak, be made. Stricture across the chest often attends & is very distressing, the body becomes more or less emaciated, the face pale. A frequent symptom at this stage of

Dyspepsia with much uneasiness in the right side. Tongue in some instances white, in others yellow, sometimes coated, sometimes clean. Appetite variable, sometimes voracious, sometimes loss of appetite. Cough, palpitation of the heart, and frequent pulse, form symptoms which often accompany each other. Pain in the right side, tenderness of the epigastrium, and a painful uneasiness from some of the mesenteric glands, are a prominent mark of the progress of the disease. The legs are tender, or in pain, and the veins of the right side painful. The right hypochondrium is the last symptom to sometimes present in the earlier stage.

About this period the lymphatics become involved, or more so, the patient complains of a sense of fullness, pain, tension, and distension, accompanied with a sense of fullness in the lower portion of the abdomen, and pain in the head, and of frequent recurrence, attended much aggravated by full meals. The pulse is accelerated, quick, has some degree of tenseness, but readily yields to pressure. The patient is easily excited, exercise requires more than usual exertion, is dimmer in approach of evening, and attended some fever, and

The distant parts affected by sympathy are the liver, stomach, lungs, heart, brain, &c. and the kidneys.

greater predisposition to disease either from hereditary transmission or accidental circumstances may exist in a diseased person. The symptoms of disease however may exist for a longer or shorter time before any change of structure takes place, and as a consequence of irritation in the organ secondarily affected a derangement of its functions will take place. Disease of structure which may have a connexion with the primary disorder alternately aggravating each other or the secondary disease by its violence & the changes produced may exist independently of the primary one this last having been removed or in other words, cured by the former.

Man the 1st parasiparas in the dorsiventral class of the Homoeotherms is generally characterized by costiveness pale stools, a furred tongue, a coated or top pulsepale to rapid & weak, occasional headache, a pain or uneasiness in the back region, a dark complexion & often the eyes & nose are red, the chest often full & broad, it is asphyxia & such is in the most part such also. Often in epilepsy or angina pain in the left hypochondrium, often the same, in a certain number cases more or less a sensation of syncope, lightness or dizziness, a feeling of uneasiness, sometimes certain perversions of the functions of the mind & the next three symptoms are

to mention, hereditary according ~~according~~ to the state of the stomach

diseases, seeming more disposing as a disorder of this organ is increased

The causes of Dyspepsia.

they have generally been divided into remote or predisposing

exciting, and no advantage appears to arise from such a division

because all the causes which are considered predisposing, can then ap

plied in a greater degree, the real exciting causes. Moreover though they

may be applied differently, may act in different ways to produce

indigestion their effects are prone to uniformity the same. They create

a certain debility or relaxation in the nerves of the stomach intestinal canal

and the energy of the nerves of the stomach is always necessary for the

secretion of the gastric juice, once in a state sufficient to effect the peculiar

changes on food required for perfect digestion. Whatever impairs this ner

vous influence will have a tendency to alter in a greater or less degree

the secretion of the gastric acid. Likewise is diminished the muscular

power of the stomach.

The causes are grief, anger, intense study, sedentary life, im

pressions on the surface, including the cutaneous perspiration, cold long

continued to the feet, the use of tobacco in excess, either in chewing or

smoking, will be found act by imparting debility to the alimentary canal

of the stomach is the receptacle of food & different kinds of drink these in most instances are the sources of nourishment to the disease either in their quantity greatly or the state in which they are taken. Instances may of digestion taken in so large a mass that the stomach in the which will manifest a state of relaxation or debility & which disqualifies it for the regular performance of its functions consequently some of the food will not be digested has other effects of our distention we have the primary symptoms already pointed out. Food imperfectly masticated & received into the stomach, though not so abundantly will be followed by similar results the substance will resist the action & in consequence fermentation is brought into action stretching of the contents attenuation of the tissues follows as effects the matters remaining undigested are in a substantial state of putrefaction. It appears that desiccation prescription is detrimental, nature calls for aliment. The nerves which are communicated through them to the secreting & muscular fibres of the stomach, in consequence being established small quantities of food are not readily digested, acted on the secreting & muscular fibres seem to be under the control of the nerves which ramified partake of any cause will communicate the same to them & the results are altered secretion of gastric juice & loss of healthy movement or tone in the muscular fibres conditions altogether unfavourable

to effect the necessary changes in food for its passage into the Duodenum. The contents of the stomach are longer retained than in health & their passage from this organ is tedious & sometimes they become impacted in the Duodenum a circumstance which always aggravates the existing evil. Of the other causes, a vegetable diet of low quality, rely substances, articles of food requiring much strong digestion in the stomach, may be adduced; food swallowed whilst very hot or very cold, cold water in large quantities are highly mischievous. Opium & other narcotics in excess & abuse of ardent spirits are frequent causes. The primary effect of the last mentioned articles as causes of this disease is stimulant, increasing action. Their secondary effect is sedative or loss or diminution of tone. Costiveness is set down among the causes as a very frequent & powerful one, but in all probability, it should in a majority of cases be ranked among the effects of Indigestion. Because there are not wanting instances of persons who have gone eight & twelve days even much longer without an evacuation of the bowels, yet digestion went on uninterruptedly. Co-operating with the common causes producing debility of the alimentary canal, it may in the generality of cases hasten the development of dyspeptic symptoms. When the bowels are regular a gulf meal disorders the stomach, may bring on obstinate constipation & when this is the effect it not only supports but increases the strength of the disease; but this is not

uniformly the immediate effect of indigestion is there may be sometimes irregularity of the bowels yet the evacuations are neither plentiful nor satisfactory; costiveness is very apt to yield to this state. A full meal after much fatigue is a very frequent cause of dyspepsia in this case the stomach seemingly partakes of the general languor

The causes make their impression as above pointed out. This impression appears to consist in nervous irritation which kept alive by the power or frequent repetition of causes, will be communicated to other parts by the consent or sympathy existing between them. The symptoms arising from the sympathetic affection are similar to those given out by idiopathic disease of the part. The appearances of an established disease may continue for a considerable time before an actual alteration of structure of the organ takes place but the length of time will depend very much on the previous state of the organ secondarily affected. Medicines restoring health to the stomach will remove the symptoms of the secondary disease but if no means be employed to remove the disorder the irritation remains and effects a change of structure, that this will be the result the experiments of Brodie & others bear ample proof

A very remarkable circumstance often occurs in this complaint namely the secondary disease cures the primary, the former acts as a counterir

relevant to the latter. Besides this, tho' the stomach is the seat of the disease, the organ on which most of the causes directly act, an alteration of its structure very rarely happens, whilst it is a common recurrence in organs sympathizing with it.

Dyspepsia, Hemorrhoids, Hepatalgia, derangement of the Spleen, of the Lungs termed Dyspeptic Phthisis, in Apoplexy, atrophy, Dropsy, Schirrus of the Stomach, Pyloric respective

Treatment

on the stomach, intestines, or non-organized tissues, mistaken motives, first step in the curative process is to remove from it the cause to effect this, a mild ipecacuanha may be administered, after its operation the bowels should be regulated by a laxative, or cathartic, or by some other. These diseases, perhaps, not only the property of evacuants, but that which immediately in the alimentary canal, thereby the digestive process, or increase the use of bitters, combined with the stomach, is deteriorate to appearance, the result, the [illegible] tends to render more easy the suffering, [illegible] of the parts, in one, [illegible] the usual [illegible] is [illegible] remove, or [illegible] has been removed or rendered [illegible] the [illegible] to the purpose of keeping a regular discharge, such articles are made

[illegible] remedies & others should be preferred. In this case [illegible] for

merly denominated insoluble purgatives such as [illegible] the calum-

[illegible] jalap &c. [illegible] magnesia [illegible]

[illegible] acid [illegible] required [illegible] it is sometimes

not [illegible] to the surface & produces diaphoresis [illegible] remedy [illegible]

these remedies [illegible] the patient is [illegible] from the slightest irregu-

larities [illegible] an unfavourable symptom [illegible]

[illegible]

circumstances recourse must be made to [illegible] such as Magnesia [illegible]

[illegible] milk, prepared chalk [illegible] & [illegible] may [illegible]

according to the state of the bowels chalk [illegible] should have a preference when

there is too much [illegible] but when this condition does not [illegible] magnesia or the

[illegible] water

In the [illegible] of Dyspepsia [illegible] may be [illegible] the prepara-

tory measures [illegible] class of medicines called tonics. The best are

[illegible] Chamomile flowers, orange peel, gentian & ginger of the vegetable kingdom

[illegible] under certain circumstances very serviceable. Of the

mineral kingdom the preparations of iron hold the foremost rank [illegible] stage

of the disease. The preparation which suits best is the subcarbonate in combi-

nation with ginger. [illegible] may be administered in the shape of [illegible]

lybrate drinks, which the vegetable bitters. The opiates may be used in small doses, the stomach to retain them even in a healthy state. An opiate promotes digestion, and in all cases in which it is necessary to procure sleep, in relation of the medicine the morbid nature of the patient do not admit of a strict adherence to diet, it is necessary to employ it so soon as the medicine shall be borne without its effects. Emetics are only because it condemned as impairs the tone of the stomach, but because it certainly induces a sanguineous excretion injurious to the patient. There are some articles which may be considered prescriptions in some degree of acidity, as the yesterday a small quantity of magnesia a few inscribed minutes a teaspoonfull of water a few roasted grains and a little opiate tincture or laudanum when violently afflicted. The last mentioned prescription, though efficacious is nevertheless mischievous in its ultimate effects & should be avoided.

Sometimes it happens from some cause, that the symptoms are much aggravated & open. There is a much accompanied times must be used with. The are nutrients, as one of them cardialgia is first noticed. Its most prominent feature is a sensation of burning sensation about the cardiac orifice connected with sickness & faintness. The remedies are an emulsion with lime water, magnesia or the alkalies. By the experiments of the English Engineers, some of the American, it is ascertained with some degree of certainty, that the acid on the

stomachs of persons labouring under Dyspepsia, is the muriatic acid as it prevents destruction of the mucous coat of this organ & proper erosions & decay of the teeth are imputed. Acids this acid has a stronger affinity for soda than for either of the other alkalies it should be used in preference to them. Acid may be administered with Compound Spt. of Lavender & Tincture of opium or in the form of the soda powder or a weak solution of the bicarbonate. Bitter & gentle

A more violent symptom than the one mentioned is Gastrodynia which is distinguished by intense pain in the stomach distending of that organ with other symptoms of indigestion. For its removal lime water & milk magnesia or the alkalies should be prescribed. Water inclosed as hot as can be borne to the amount of a pound or more will sometimes give ease. Much is to be expected from hot applications over the region of the stomach & they should not be neglected when means failing either of Tinct. of opium & blistering must be resorted to. Ipecacuanha dry pills may be used to advantage as a much larger quantity of it may be taken in the dry form without producing nausea than in any other state. The preparation of hickory ashes stands as a valuable corrector of acidity & has justly gained much reputation as a preventative of the above symptoms as well as a remedy to them in their milder forms. Pyrosis is another distressing symptom. Characterized by painful burning sensation in the stomach extending along the Oesophagus & copious discharge of a white glairy tenacious fluid from the mouth &c. It is supposed to originate from

passing unnoticed. If so, the smoked meats & pickled herrings arise from their as well as other substances producing indigestion & an alkaline secretion of the gastric juice. It is endemic in Iceland, Sweden & the Highlands of Scotland & is usually found in the higher classes of society. The treatment consists in the exhibition of the mild purgatives & gives or continued use of lime water or the alkalies. It is also not quite so clear remedies are apt in dispepsia or hoffman's anodyne is now very rarely given. The metallic preparation which has obtained the most confidence particularly in the management of this form of the disease, is the subnitrate of bismuth given with a little gum opiate. It proves beneficial not only in Dyspepsia but in Cardialgia & Gastrodynia. Its action is that of a gentle depressant tonic & as a remedy it cannot be too much valued.

When Dyspepsia is brought on by an immoderate use of ardent spirits it is to be treated in part by the means already detailed, as the condition of the patient may indicate them, for tonics such as gentian cordials &c. To these means for the purpose of removing the morbid impressions may be subjoined the use of gastric expectorants & the occasional exhibition of opium.

What has been said is in relation to the first stage of Dyspepsia. Unless the patient contributes his assistance these remedies like all others will prove unavailing. Every cause in this as in every other disease must be diligently guarded against. So much attention cannot be paid to diet. Even accidents be so that in some indisposition be the result arising from the depression that it exists

chief to consolation in the stomach, a belief which cannot appear too well founded.
Dr Duncan says that when milk disagrees with the patient it is a proof of its being used thereby removes the disease whatever may be the primary affection, which will be found to agree with most stomachs. Sago, arrow root, & tapioca are also very nourishing. The meats most easy of digestion are lamb, mutton, venison, rabbit, chicken, & barriage. The yolks of eggs soft boiled are easily digested, & may be tried for the use of most patients. The vegetables which are admissible are mealy potatoes roasted, dry toast or stale bread with butter, rice, chocolate, biscuit, almonds roasted, ground nuts, sweet tea to which a good deal of milk should be added, soups, jellies, deserts, cream, butter &c are generally injurious. Eggs, cheese, pickles, some times to be met with, some of the articles of diet not recommended may be harmless to some stomachs, under such circumstances they should be allowed as a pathy the patient's desire, or some which are advised for his cure may have an evil effect in this case they should not be forced on the patient, but he should be permitted to use a small quantity of any article of food he may select provided the same does not offend the stomach after it is taken. Some regulations ought to be observed at meals as the following. The food must be plain and lightly seasoned, not to eat of more than one or two dishes at most. It must be well masticated, never to eat in a hurry, the patient should wear it in memory, never to take exactly as much as the appetite calls for, no kind of drink should be admitted except water or thin sight not to be

used at meals unless given as Thirst. Then in small quantities only — a little brandy or wine, may be taken directly after dinner — but some restriction must be put on their use, they must be prohibited if any degree of an inflammatory diathesis be present. For a general drink pure water is the best but if the patient has been habituated a little rum or old brandy & water is allowable. Five meals a day will be sufficient, eating between meals must be avoided. Only in cases of extreme debility when eat in oftener than three times a day will become necessary. The warm bath will do much good and determine to the surface & impart tone to the stomach. Exercise is all important in the treatment of this disease & that the patient may derive full effects from it it should be taken by walking or on horseback or in some other way accommodated to the strength, the patient should be advised to go to some suitable springs that may be selected in preference to the [illegible] in resorting to [illegible] & drinking yields but this will not be practicable [illegible] in resources [illegible]. Exercise should not be taken directly after dinner — nor should it at any time be carried so far as to produce fatigue. Frictions should be practiced once or twice every day. Much will depend on clothing of a suitable kind — a cotton shirt should be worn next to the skin all the summer & flannel during autumn, winter & most of the spring the other part of the dress must be accommodated to sudden changes of weather. As cold applied to the feet is a very frequent cause of the disease they must

or proceed from cold by dryness from shoes occasional rubbing sprinkling the stockings with Cayenne pepper or a piece of hot in the bottoms of the shoes & wax plasters on the soles of the feet. By this plan of treatment the disease when confined to the alimentary canal may be removed. Likewise the symptoms of congestion by unhealthy communicated to distant parts. If by its progress one of the viscera is involved the treatment must in a great measure be changed or be different from that already observed. Since the introduction to the second stage of disease as the primary & secondary affections exist in common the remedies must be directed to the alimentary canal & to the part diseased from sympathy. but when the secondary disease takes an independent stand it is then without the pale of treatment for Dyspepsia & must be managed by those means which would be indicated by a primary & independent disease with this precaution to prevent the healthy action of the stomach in as great a degree as possible.

The liver by reason of its strong sympathy with the organ primarily affected is generally first made to suffer in that degree which calls for mercurial and purgatives a proof that the disease is shifting or extending to different organs. Besides the symptoms which have been mentioned when this viscus is implicated, there is constantly a febrile disposition which is most evident in the afternoon & in a high degree it is very often clearly developed. This state may be connected with various degrees of strength owing to a neglect or imprudent treatment of the case or

predisposition in the organ to take on diseased action. If circumstances do not forbid the lancet should be the first means resorted to to effect a cure, but when inadmissible topical bleeding will be safe. This may be accomplished by leeching, scarification or cupping. Mercurial purgatives should be prescribed and nauseating acids be applied by Epsom salts & magnesia, or by senna or by laxative powders. Their quantities & mode of administration are regulated by the condition of the system and the effects produced. Also be repeated as symptoms may occur. Other actions are subdued or, much is gained a large blister should be formed over the region of the liver. If the derangement is not removed by this plan Calomel may be given in minute doses - in the quantity of two or three grains every three or four hours until twelve or fifteen grains have accumulated in the system. Then it is to be passed off by a gentle laxative if it has not operated sufficiently, or the blue pill may be used in the same manner, given to the amount of three or ten grains, then worked off by some mild aperient. This are used in this manner with a view to their alterative action and should this fail to bring about a healthy action of the liver after it has been repeated several times. The laxatives may be discontinued or only administered as may be necessary till the measures to reach a gentle ptyalism appears. If extreme debility will not admit of the employment of mercury in any shape the mineral acids & extract of dandelion may be used as substitutes, sometimes the stomach becomes very much affected & nauseated & the

bowels highly irritated by mercury so much so that it cannot be continued until the wished for object is attained in such a case it will be better to discontinue the internal use of this medicine & to apply it by friction over internally the extract of Dandelion & the mineral acids with an eye to the state of the bowels never permitting them to become costive nor to be too often put in motion. The stomach is not to be neglected at this time. Correctors of acidity must be directed as the case may require & all other symptoms of a disturbing nature directly related to the stomach should be palliated & removed entirely if possible & such medicines may be given as will increase the tone of this organ without exciting an irritative action –

The Pylorus & about its orifice & the duodenum are often inflamed. The former is known by extreme tenderness in that region. It is to be treated by topical bleeding or general if necessary, by purgatives & by blistering – The latter is known to be concerned by the symptoms next to be named fulness in the right Hypochondrium (this is to be distinguished from the derangement of the liver by the swelling or enlargement not proceeding directly from under the cartilages of the ribs of that side) by costiveness some degree of pain & much nausea about the scrobiculus cordis. They arise from the contents of this intestine becoming impacted or unduly retained. To remove them Senna tea is most to be relied on. This should have been spoken of before this as it more properly –

belongs to the treatment of the primary stage.

Palpitation. This generally yields to the remedies for the first stage of indigestion but if it has from some cause continued & there is much strength it must be combated with the remedies to be resorted to in congestion of the brain as soon as excitement is sufficiently subdued. Medicines should be directed to the stomach for the restoration of its healthy tone.

From the beginning to the conclusion of this disease the brain is deeply interested. So strong is the sympathy between it & the stomach that almost as soon as functional derangement takes place in the latter some uneasiness is experienced in the former, but in most cases it is removed by the appropriate remedies for Dyspepsia. Sometimes it may happen that the Physician has not been successful with his remedial agents or has not been consulted until the distressing sensations referred to the head are the result of disease established there. The curative plan is to adopt general bleeding if the pulse is much excited. Topical bleeding is always ~~& always~~ indicated. Emetics may be exhibited to great advantage. The bowels should be freely evacuated. These means not succeeding or only partially so, a blister must be formed on the back of the neck & the above remedies repeated according to circumstances. The blister is to be renewed if necessary extended over the scalp. Medicines to amend the condition of the stomach must not be neglected. Those which have

been mentioned may be adapted to the several indications
When the lungs are involved the treatment consists in subduing arterial action or excitement first. This is to be effected by general bleeding if the inflamation & strength of the patient will justify it, by local bleeding by blistering & a diet properly regulated. Next to these means recourse must be had to an alterative course of mercury to accomplish a cure. The blue pill should be given every other evening to the amount of five or seven grains to be worked off in the morning by some gentle laxative. This course is to be pursued until all unfavourable symptoms have disappeared. Should debility be so great as not to admit this medicine to be used so freely it may be administered in very minute quantities & often or repeated. As a degree of mercurial action higher than a very gentle ptyalism might be of serious injury to the patient much caution is necessary in its use. The blue pill should in this case be passed off every other day, by injections & occasionally by laxatives if demanded or are allowable. Too much vigilance over the effects of this medicine cannot now be exercised. So soon as there is the appearance of the slightest action on the salivary glands it must be discontinued & on its disappearance, to be resumed & alternated in this manner until its full effects have been gained. The extract of dandelion may be prescribed & at times Chamomile tea

weak infusion of gentian or orange peel, These articles are required not only on account of the general feebleness of the patient, but of the debilitated & disordered state of his stomach which yet prevails & whenever increased by medicine or any other cause will add much to the violence & stubbornness of the symptomatic disease, Having by these means expelled the disorder from the lungs a course of such medicines must be entered on as will improve the general health

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